

KNEE CROSSES

This exercise strengthens the hip adductor muscles using a large, whole-body movement.

Benefits »

- ⦿ Strengthens inner thigh muscles.
- ⦿ Requires coordination of opposing sides of the upper and lower body.
- ⦿ Requires endurance, agility, and coordination.

Set It Up »

You will not need any special equipment for this exercise, unless you choose to add light resistance.

How to Do It »

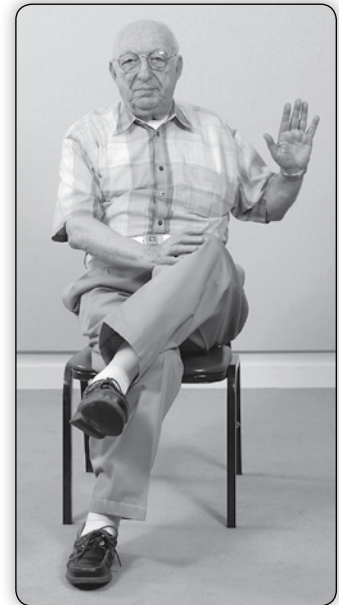
The Start

- ⦿ Participants sit all the way back in their chair to better support their back.
- ⦿ Cue them to lift their arms up to their sides, with elbows bent and hands up.

The Moves

Use the following cues.

- ⦿ Lift the left knee up and cross it over the midline of the body.
- ⦿ Bring the right arm and hand forward toward the left knee.
- ⦿ Touch the left knee with the right hand.
- ⦿ Pull the arm back to the beginning position and lower the leg back to the floor.
- ⦿ Repeat 6 to 12 times, as tolerated.
- ⦿ Repeat with the right leg and left arm and hand.
- ⦿ Stretch the inner-thighs when done (see Pull-Aparts on page 76).



Take It Further »

- ⦿ Increase repetitions to 15.
- ⦿ Cross and touch the knee to the opposite ankle (instead of to the knee).
- ⦿ Add a light ankle weight.

Give It More Balance »

Alternate legs, but make sure participants are core stable between each leg lift.

Keep It Safe »

Participants with recent hip surgeries should not do this exercise. Also, it's important for participants to sit all the way back in their chair for this exercise. Using the chair back for support protects the low back during leg lifts and torso twisting.